**Documentaries**

Forks over Knives

Plant Pure Nation

Cowspiracy

What the Health

Eating you Alive

Big Change

Game Changers

Code Blue

Hungry for Change

Veducated

Fed Up

**Websites**

Kaiser Permanente <http://www.kphealthyme.com/Healthy-Eating-Active-Living-Programs/Plant-based-Diet>

Nutrition Facts <https://nutritionfacts.org>

Team Sherzai <https://teamsherzai.com/>

Veganuary Starter Kit <https://veganuary.com/starter-kit/>

Plantrician Project <https://plantricianproject.org/>

Eating Well Vegan Infants and under-5 [www.firststepsnutrition.org](http://www.firststepsnutrition.org)

PCRM for kids <https://p.widencdn.net/9h7o6h/Nutrition-for-Kids>

Complete Health Improvement Program <https://chiphealth.com/>

Find a Plant Based Doc <http://plantbaseddocs.com/>

**Continuing education**

Culinary Medicine Certification

Lifestyle Medicine Board Certification

American College of Lifestyle Medicine

Physicians Committee for Responsible Medicine

Healthy Kitchens, Healthy Lives

**Apps**

Michael Greger's Daily Dozen

21 day Vegan Kickstart

Happy Cow

**Books**

The China Study by T. Colin Campbell

How Not to Die by Michael Greger

Health Power by Hans Diehl

Restoring Americas Health by Nancy Stein

The Starch Solution by John McDougall

Eat to Live by Joel Fuhrman

Proteinaholic by Garth Davis

Handbook to Higher Health Consciousness by David Kater

Cheese Trap by Neal Barnard

Prevent and Reverse Heart Disease by Caldwell Esselstyn

The Whole Foods Diet by John Mackey

Eating Animals by Jonathan Safran Foer

Never to Late to go vegan by Carol Adams

The Alzheimers Solution by Dean and Ayesha Sherzai

The Vegan Way by Jackie Day

The Engine 2 Diet by Rip Esselstyn

The Way to Eat by David Katz

Salt, Sugar, and Fat by Michael Moss

In Defense of Food by Michael Pollan

**Podcasts**

Nutrition Rounds

Thrive Bites

Nutritionfacts.org

The Exam Room

PlantPure Radio

**Recipes/Meal Planning/Meal Delivery**

Minimalist Baker

<https://minimalistbaker.com>

Culinary RX

Forks over Knives cookbook

Lighter meal planner

Purple Carrot delivery

Green Chef delivery

Mama Sezz delivery

Engine2 Diet cookbook

21 Day Vegan Kickstart PCRM

Misfits Market veggie delivery service

Thug Kitchen cookbooks

Café Gratitude cookbooks

**Social Media (Instagram, Youtube, Facebook)**

Plant Based Pediatrician

Plantbasedeatinghub

Bonnie Rebecca

Ellen Fisher

Deliciously Ella

Thriving on Plants

Team Sherzai

Physicians Committee for Responsible Medicine

Chuck Carroll

Feeding Littles

**Blogs**

Clean food dirty girl

Earth Andy

Vegan Dad

Fat free vegan kitchen

Mrs Plant in Texas

Happy Herbivore

Cycling Plant Based Granny

Straight up Food